



# Sri Lankan Beef & Coconut Curry

with Garlic Rice & Roasted Peanuts

Grab your Meal Kit with this symbol



Garlic



Basmati Rice



Brown Onion



Carrot



Tomato



Broccolini



Lemon



Beef Mince



Sri Lankan Spice Blend



Tomato Paste



Coconut Cream



Chicken-Style Stock Powder



Roasted Peanuts

Hands-on: **25-35 mins**  
Ready in: **35-45 mins**

This creamy coconut beef curry will add the spice you never knew you needed to your night. It's filled to the brim with bright veggies and finished with a sprinkling of flair from the roasted peanuts.

### Pantry items

Olive Oil, Butter, Brown Sugar

## Before you start

Remember to wash your hands for 20 seconds before you get cooking. You'll also need to give your fruit and veggies a wash.

### You will need

Medium saucepan with a lid · Large frying pan

### Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
garlic	2 cloves	4 cloves
butter*	20g	40g
basmati rice	1 packet	2 packet
water* (for the rice)	1½ cups	3 cups
salt*	¼ tsp	½ tsp
brown onion	1 (medium)	1 (large)
carrot	1	2
tomato	1	2
broccolini	1 bunch	1 bunch
lemon	½	1
beef mince	1 packet	1 packet
Sri Lankan spice blend	1 sachet	1 sachet
tomato paste	½ packet	1 packet
coconut cream	1 tin (200ml)	1 tin (400ml)
chicken-style stock powder	1 sachet	1 sachet
water* (for the curry)	½ cup	1 cup
brown sugar*	1 tsp	2 tsp
roasted peanuts	1 packet	2 packets

\*Pantry Items

### Nutrition

	Per Serving	Per 100g
Energy (kJ)	4350kJ (1040Cal)	717kJ (171Cal)
Protein (g)	44.5g	7.3g
Fat, total (g)	55.9g	9.2g
- saturated (g)	36.9g	6.1g
Carbohydrate (g)	85.1g	14.0g
- sugars (g)	16.7g	2.7g
Sodium (mg)	554mg	91mg

### Allergens

Always read product labels for the most up-to-date allergen information. Visit [hellofresh.co.nz/foodinfo](https://www.hellofresh.co.nz/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



### 1. Cook the garlic rice

Finely chop the **garlic**. In a medium saucepan, melt the **butter** with a **dash of olive oil** over a medium heat. Add the **garlic** and cook until fragrant, **1-2 minutes**. Add the **basmati rice**, **water (for the rice)** and the **salt**, stir, then bring to the boil. Reduce the heat to low and cover with a lid. Cook for **10 minutes**, then remove from the heat and keep covered until the rice is tender and the water is absorbed, **10 minutes**.

**TIP:** The rice will finish cooking in its own steam so don't peek!



### 4. Start the curry

Return the frying pan to a medium-high heat with a **drizzle of olive oil**. Add the **onion** and **carrot** and cook until slightly softened, **4-5 minutes**. Add the **tomato**, **Sri Lankan spice blend** and **tomato paste (see ingredients list)** and cook until fragrant, **1-2 minutes**.



### 2. Get prepped

While the rice is cooking, finely chop the **brown onion**. Thinly slice the **carrot** (unpeeled) into half-moons. Roughly chop the **tomato**. Trim and cut the **broccolini** into 2cm pieces. Zest the **lemon** to get a **pinch**, then slice into wedges.



### 3. Cook the beef mince

In a large frying pan, heat a **drizzle of olive oil** over a high heat. Add the **beef mince** and cook, breaking up with a spoon, until just browned, **4-5 minutes**. Season with **salt** and **pepper**. Transfer to a plate and set aside.



### 5. Finish the curry

Add the **broccolini**, **coconut cream**, **chicken-style stock powder**, **water (for the curry)**, **lemon zest** and **brown sugar** and bring to the boil. Reduce the heat to medium and cook until the veggies have softened, **5-6 minutes**. Return the **beef mince** to the frying pan and stir until heated through, **1 minute**. Season with **salt** and **pepper**.



### 6. Serve up

Divide the garlic rice between bowls. Top with the Sri Lankan beef and coconut curry. Garnish with the **roasted peanuts**. Serve with the lemon wedges.

**Enjoy!**